

Friday

Mostly to partly cloudy
Lo: 28°F
Hi: 46°F

Saturday

Cloudy with rain and snow
Lo: 30°F
Hi: 42°F

Sunday

Mostly cloudy
Lo: 30°F
Hi: 44°F

CSAF shares view on Force Shaping

See Page 7



Senators, Patriots spilt games

See Page 1B



Sheppard Senator

Combat Capability Starts Here



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February 13, 2004

2nd AF leader talks about evolving AEF

By John Ingle

Editor

If there's one thing military members love to do, that's continuously impress their boss.

Maj. Gen. John Regni, 2nd Air Force commander, said Wednesday that personnel at Sheppard – students, permanent party, civilian and contractors – continue to amaze him with the quality of work and dedication shown each day.

"I spend a lot of time traveling to our main bases and our 85 detachments," he said. "It's always a pleasure to come back to Sheppard."

The general was here Tuesday through Thursday visiting various squadrons and

offices to see the training machine of Team Sheppard at work.

As the Air Force continues to project its war-fighting capability with Air Expeditionary Force deployment packages, leaders are looking at ways to maximize the efforts of personnel and continue the mission. General Regni said that includes the 44 field training detachments in the 982nd Training Group.

"Our goal is to make sure we understand the specific AEF deployment requirements for each flying wing the 982nd supports," he said, adding ideally every deploying maintainer is fully trained before their AEF deployments. "We are doing a

great job meeting flying wings needs today but we are also exploring how we can do that better by delivering training "in synch" with deployments."

The changing AEF world doesn't necessarily equate to more work for instructors in the 982nd, but rather rescheduling courses and instructor time to coincide with AEF deployments. He also asked the 982nd commander, Col. James Silva, to explore options including mobile training teams from one Field Training Detachment to another FTD to help them surge training during a wing's AEF "spin-up cycle" before they deploy overseas.

Hot topics in the Air Force

See REGNI, Page 3

82nd TRW leader on list for another star

Base public communication

If one's good, two is better. Brig. Gen. Arthur J. Rooney Jr., 82nd Training Wing commander, was nominated by the Senate Monday to receive his second star. He was among 28 brigadier generals Air Force-wide nominated for promotion.

"I'm honored to accept this nomination," the general said. "Surely none of this would have been possible without the outstanding achievements that all of Team Sheppard has contributed to the Air Force. This is a big day for all of us."

General Rooney received the nomination to major general almost two years to the day of his promotion date to brigadier general in 2001.

The Senate still has to



Rooney

approve the nomination before the general would get a line number for pin-on date.

According to Capt. Hall Sebren, General Rooney's executive officer, there are about 220 general officers currently in the Air Force. Of that

number, about 80 are major generals.

Considering the current size of the Air Force is about 375,000 strong, becoming a general officer is quite an achievement.

According to Airman Magazine's January issue, there are about 73,000 officers in the Air Force. Major general make up roughly 0.1 percent of the officer structure.

General Rooney said he didn't know when approval would come down from the Senate. He said he was proud and honored to be considered for nomination.

Also included on the nomination list is former 82nd TRW commander Brig. Gen. Michael Collings.

On the Inside

AFA Fund campaign begins Monday

The Air Force Assistance Fund "Commitment to Caring" campaign runs Feb. 16 to May 7, asking airmen to contribute to any of four Air Force-related charities.

The charities benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families. This is the 31st year of the fund drive. Charities receive 100 percent of designated contributions.

For full story, see page 2.

Chapel begins new recognition program

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For full story, see page 3.

International cousins

It's something that could only happen at Euro-NATO Joint Jet Pilot Training.

Something so unique and special that it emphasizes the wonderful coalition that exists right here at Sheppard and overseas in Operations Enduring Freedom and Iraqi Freedom.

Two cousins of different nations and air forces have been stationed together here for the past two months.

For full story, see page 5

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CMSAF Murray visits students where his career began

By Airman 1st Class Jacques Lickteig

Base public communication

Chief Master Sgt. of the Air Force Gerald Murray returned to his roots recently when he visited Sheppard to lend his insight at the 2003 82nd Training Wing Annual Awards Banquet.

In his first interactive visit since he was here for an aircraft maintenance course in 1978, Chief Murray met and spoke with several Sheppard airmen Feb. 4-6.

"I remember being here very clearly. As I tell students, it was 26 years ago this month that I was here. I was taking in and instilling airmanship," Chief Murray said. "Even though it was a pretty cold and brutal winter here between 1977 and '78, my experience was very positive."

During his visits at the 82nd Training Group, 882nd TRG, Airman Leadership School, 80th Flying Training Wing and other Sheppard organizations, he discussed and explained Force Shaping, an initiative to release 16,600 airmen from active duty to lower the number of members to the approved end strength of 359,000.

The Force Shaping program



offers those who have at least 24 months time in service the opportunity to transition to the Air National Guard or Air Force Reserve, and other commitment waivers for those who want to leave the service early.

"Now, as we're stabilizing and seeing our force stabilize in the Middle East, it's time for us to get back to what we planned and what we're programmed and funded for," Chief Murray said. "We need to be about balancing and adjusting the force and putting people in the right place at the right time."

He also addressed the Fit to Fight program. The purpose of the program is to change the

culture and lifestyle of our force, the chief said.

Since Chief of Staff of the Air Force Gen. John Jumper's announcement of the program, fitness center use has risen 30 percent, he said.

"We're not trying to make supermen or women, we're trying to contribute to the readiness and quality of life of our airmen," Chief Murray said. "Our demanding mission today requires a healthy and fit force."

Chief Murray also informed Sheppard airmen about the status of the new battle dress uniform.

Airmen from nine bases will test the new wash and wear



Left, Chief Master Sgt. of the Air Force Gerald Murray looks through a lensometer at the 383rd Training Squadron optometry apprentice course while instructor Master Sgt. Julia Bailey watches. Above, Chief Murray and Chief James Miller watch Airmen Buck Barr and Adam LaBarr, students in the 362nd TRS, as they learn the intricacies of turbines.

Photo by Airman 1st Class Jacques Lickteig

blue, grey and green tiger-striped uniform over the course of six months.

Chief Murray said the Air Force hopes to display one uniform in every military clothing sales store.

"The uniform will be much easier to take care of. There will be both men's and women's sizes, and the overall look was designed to represent the Air Force while maintaining camouflage capabilities," he said.

Throughout many of his speeches here, Chief Murray touched on President George W. Bush's proposed budget for the new year. In the proposal, the Air Force would get a 3.5

percent pay increase next year, he said.

"We look forward to another 3.5 percent increase in our basic allowance for housing rate, which will fund our housing at 100 percent for the first time in history," Chief Murray said.

Chief Murray also discussed the importance of Sheppard to the Air Force. Sheppard is responsible for training 51 percent of the Air Force, he said.

"Every base in the Air Force has acquired some of its capabilities through Sheppard Air Force Base," he said. "Sheppard is absolutely a great foundation for clearly the majority of our force."

Sheppard recognized by EPA for conservation

By John Ingle

Editor

When the 80th Flying Training Wing switched chemicals used in the painting process of aircraft, the goal was to use a more environmentally friendly product.

Little did they know it would set the stage for Sheppard to become the first Air Force installation invited by the Environmental Protection Agency to become a partner in the Waste Minimization Program.

Sheppard, led by the 82nd Civil Engineer Squadron's environmental flight, officially became a partner Sept. 17.

"It was an unexpected invitation," Mark McBurnett, 82nd CES environ-

mental flight chief said. "We implemented the switchover to reduce our employees exposure to hexavalent chromium and decrease our water sampling requirements."

The "switchover" in the painting process was from an acid/alodine chemical to the environmentally friendly PreKote™. The chemical acid/alodine was costly in both price and disposal fees.

Lear Sigler Inc. personnel began using PreKote™ in July to adhere help primer and paint adhere to aircraft as well as prevent metal corrosion.

Mr. McBurnett said the change wasn't accomplished by Sheppard alone.

"The EPA, the Texas Regional

See EPA, Page 4

October crash probably due to inexperience

RANDOLPH AIR FORCE BASE, Texas - The Air Force has completed its investigation of the Oct. 14 T-38A crash at here.

The accident investigation board could not determine a mishap cause by clear and convincing evidence. However, there was substantial evidence supporting that the inexperience of the student pilot and improper transfer of aircraft controls between the student and instructor contributed to the accident.

The instructor pilot, Maj. Jeffrey S. Klein, and the student pilot, 1st Lt. Aaron B. Brown, both assigned to the 80th Operational Support Squadron, ejected safely after experiencing a series of uncontrolled rolls immediately following liftoff.

Due to inexperience, the student most likely over-controlled the roll of the aircraft in response to an aerodynamic disturbance immediately after takeoff. The over-controlling likely continued until the instructor came on the controls and stated, "I have the aircraft."

The instructor neutralized the stick but never confirmed that the student relinquished control, leading to a situation where both pilots were on the controls, neither aware of the other. The aircraft continued rolling and the instructor perceived that the aircraft was not responding to his flight control inputs.

Given the critical phase of flight and the perception that the aircraft was

See BUYOUT, Page 4

Air Force Assistance Fund campaign begins Monday

RANDOLPH AIR FORCE BASE, Texas – The Air Force Assistance Fund “Commitment to Caring” campaign runs Feb. 16 to May 7, asking airmen to contribute to any of four Air Force-related charities.

The charities benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families. This is the 31st year of the fund drive. Charities receive 100 percent of designated contributions.

“Requests for assistance have continued at record levels since Sept. 11, 2001,” said retired Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer. “Last year the Air Force Aid Society helped 30,000 airmen with (more than) \$22.6 million in assistance. That’s a lot of help. Contributions are vital for the society to sustain this kind of help. It is truly an airmen-helping-airmen program.”

The secretary and chief of staff of the Air Force recently

announced a \$5.2 million goal. In 2003, Air Force people gave \$5.9 million to the fund.

People can contribute through cash, check, money order or payroll deduction to:

■The Air Force Aid

Society, the official charitable organization of the Air Force which provides airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhance-

ment programs. Base family support centers have full details on programs and eligibility requirements. Information is also available online at www.afas.org.

■The Air Force Enlisted Villages in Fort Walton Beach, Fla., near Eglin Air

Force Base, which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at www.afenlistedwidows.org.

■The Air Force Village

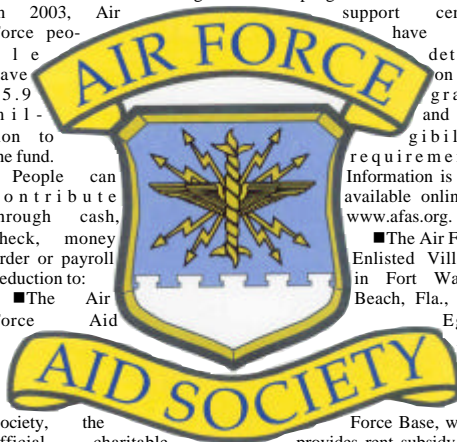
Indigent Widow’s Fund, a life-care community in San Antonio for retired officers, spouses, widows or widowers and family members. The Air Force Village Web site is www.airforcevillages.com.

■The General and Mrs. Curtis E. LeMay Foundation, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is www.lemayfoundation.org.

Contributions to the AFAP are tax deductible. For more information, visit <http://afassistancefund.org> or the Air Force Personnel Center’s voting and fund-raising Web site at www.afpc.randolph.af.mil/vote-fund.

Installation project officers have information on local procedures and goals.

(Courtesy of AFPC News Service)



Cop Beat

82d Security Forces Squadron

Editor’s note: The 82nd Security Forces Squadron will have a monthly article for Sheppard personnel and residents about important information and policies.

For assistance, please call: for an emergency, 911; all routine calls, 676-2981.

Gate Information

Due to force protection conditions, bollards have been installed at all our gates. Please drive carefully and ensure clearance when entering or exiting the installation. Four accidents were reported in January.

ID’s are checked at all Sheppard gates 24 hours a day, please have identification ready when approaching the gate sentry.

If you are planning a special function and have non-military affiliated visitors entering the installation, you must coordinate with security forces. Call police serv-

ices at 6-2106 for the requirements.

Revocated Drivers Parking Lot

Parking for drivers whose base privileges have been revoked is afforded on the lot located adjacent to the hospital gate. Unauthorized vehicles will be cited and towed. Contact Security Forces at 6-2106 for more information.

Stray Pets

If your pet runs off, chances are it will be picked up by a security forces patrol. To retrieve your pet quickly, call the security forces desk sergeant at 6-2981.

Theft of Property

Personal property theft is on the rise; don’t let thieves walk away with your belongings.

Secure your personal property regardless of where you live or work. Ensure

your doors are locked when leaving your work facility, home, or car.

Traffic Safety

Use of SEAT BELTS, is mandatory. Failure to comply will result in losing your base driving privileges. Repeat offenses can put you face to face with the wing commander.

Prevent an accident!

When entering the installation from Burkburnett Road, yield to traffic entering from Missile Road and Capehart housing. Wichita Falls police will monitor these two points to ensure compliance. Eight citations were issued in January.

All vehicles must have current state and base registration. Security Forces will enforce compliance. Violators will be cited and towed at the owner’s expense. In addition base vehicle passes must display and visible on the drivers side dash.

Iwo Jima vets to tour base



Courtesy photo

Marines raise the American flag on Mt. Suribachi on Iwo Jima Feb. 23, 1945. The scene has become the epitome and embodiment of American perseverance.

Base public communication

The Iwo Jima Survivors Reunion is coming to Wichita Falls for its 59th annual event.

The group will take a tour of Sheppard, Fort Sill, Okla., and will host an All Forces Banquet at the Radisson on the Feb. 21.

Sheppard Elementary will host a patriotic school assembly, the Medical Readiness site will offer a tour of in-field hospital operations and a recognition luncheon Thursday at the officers club will feature two guest speakers who served in World War II.

Medal of Honor recipient Cpl. Herschel “Woody” Williams lives in Wichita Falls and is a favored guest at local events and school assemblies. He served as a demolition sergeant with the 1st Battalion, 21st Marines, 3rd Marine Division, in action against Japanese forces on Iwo Jima, in 1945.

President Harry S. Truman, in the citation to Corporal Williams, noted the soldier’s “unyielding determination and

extraordinary heroism in the face of ruthless enemy resistance were directly instrumental in neutralizing one of the most fanatically defended Japanese strong points.”

Williams would go forward alone, covered by only four rifleman, to destroy one enemy position after another.

Mr. Larry Gilbert, the event’s other guest speaker, served with the 1st Marine Brigade in 1942 in America Samoa. He also fought at Guadalcanal, Bougainville, Guam and Iwo Jima.

As an honored participant, he returned to Guam in 1994 for the 50th anniversary of the island’s liberation. He speaks on his personal experiences and the humorous side of service in WWII with the hope that he contributes to the present and future of Marines serving their country.

His favorite words are “May God Semper Fi.”

The Mexican buffet luncheon is pay-as-you-go on Thursday from 11:30 a.m. to 1 p.m. Guest speaker presentations will begin at 12:15 p.m.

Chapel C.A.R.E.s about base agencies

By 1st Lt. Laura Renner
Base public communication

The amount of time and effort to make a compelling award package sometimes makes the actual award seem pointless and less gratifying. Yet, sometimes an award as simple as a “thank you” goes a long way, sending the recipient on a walk through the clouds that day.

The self-help store received such an award Feb. 4 from the members of the base chapel. The chapel has started a new program that recognizes an agency on base every other month with the Chapel Appreciation and Recognition of Excellence award.

Chaplain (Capt.) Tony King said the chapel chose to highlight the 82nd Civil Engineer Squadron’s Self Help store and its members as its first honoree for their efforts in helping people on base — the purpose of the C.A.R.E. award.

“Mainly, it was their efforts at Solid Rock Café, the student ministry center for the chapel,” he said. “They were a tremendous force in the opening of the Café. But in addition to that, it’s the help they give base wide.”

The self-help store not only helps residents in base housing to complete housework proj-



Photo by 1st Lt. Laura Renner

Airman 1st Class Armanda Pomerleau, a member of the 82nd Civil Engineer Squadron Self Help Store, demonstrates the quality customer service that warranted the inaugural Chapel Appreciation and Recognition of Excellence award.

ects such as painting and gardening, but they also contribute to projects on base such as distinguished visitor visits and the holiday tree lighting ceremony.

“I’m glad the people who do the actual work are getting recognized,” Master Sgt. Alfred Dizon said. “I’m just the messenger; so it feels good the people who deserve it are getting recognized.”

Different sections of the 82nd CES were present at the self-help store during the award ceremony. They came to represent the entire effort of CES toward Solid Rock Café.

“It feels good when the different sections of CE come

together and get recognized for the hard work they do,” said Airman 1st Class Armanda Pomerleau, a CE troop assigned to the self-help store.

At the same time, the self-help employees enjoyed working on a project like the Solid Rock Café.

“We’re glad we could contribute to the Solid Rock Café since it allows a place for students to have safe fun instead of going out and getting drunk,” Tech. Sgt. James Kittredge said.

To nominate an agency on base to receive the C.A.R.E. award, contact any chaplain here.

REGNI

Continued from Page 1

today include Force Shaping, maximizing the use of personnel to meet deployment requirements and meeting legislated personnel end strength.

General Regni said senior Air Force leaders plan to rebalance the force and get back to 90-day deployments every 15-month AEF cycle in our overly stressed Air Force Specialty Codes. This would decrease the lengthy and frequent demands some career fields like civil engineer readiness and security forces are saddled with now.

“One way is to build up stressed career fields with additional manpower billets, then move more blue suit personnel into those career fields with retrainees and new accessions,” he said.

“An equally important piece is to convert blue suit positions to civilian or contracts in those less-stressed skills where the work must not be ‘inherently governmental’.

Another means is to leverage technology rather than add simply more people. At the same time, we need to get back to a balanced end strength of 360,000 active duty personnel. Today, we are 16,600 over strength.”

There will also been a modest drop in new recruits entering the Air Force, due largely to improved retention. The gener-

al said last year we recruited 37,000 new airmen.

This year, 36,000 is the recruitment goal and next year the number needed to sustain our active duty AFSCs should be in the 34,500 range.

As home of most of the Air Force’s training, General Regni said the base shouldn’t see too much of a change.

“Sheppard is 2nd Air Force’s largest training wing and will continue to lead the way with maintenance, weapons, civil engineering, medical and dental training, and much more, including base support for the 80th Flying Training Wing and its ENJJPT mission,” he said.



Photo by Airman 1st Class Jacques Lickteig

Maj. Gen. John Regni, 2nd Air Force commander, listens with students at the 360th Training Squadron Wednesday during a visit to Sheppard.

Briefly Speaking

Thrift Store grand re-opening Wednesday

The Thrift Shop will hold a grand re-opening Wednesday at 10 a.m. following months of remodeling and refurbishment.

Come see the newly renovated Thrift Shop.

The Thrift Shop is located in Bldg. 1642 and is open from 10 a.m. to 2 p.m. Tuesday through Thursday.

The shop is also open the first Saturday following the mid-month payday from 10 a.m. to 2 p.m.

For more information, call 855-1861.

Hospital dining hall closing

The hospital dining facility will be closed Feb. 20 at 8 a.m. for a 82nd Medical Group function.

The facility will re-open Feb. 23 at 6:30 a.m.

Red River Career Expo Feb. 20

The 2004 Red River Career Expo will be held Feb. 20 from 1 to 5:30 p.m. in the Multi-Purpose Events Center.

Sheppard and other organizations will be sponsoring the event.

Bring your resumes and dress for success as you meet local and national employers such as Lockheed Martin, FMC Energy and Bradley Morris.

For more information, call the family support center at 6-4358.

Veteran’s benefits seminar coming up

A seminar will be held Feb. 21 in the Holiday Inn in Wichita Falls from 2 to 8 p.m. to inform veterans of their benefits.

Carl Lowe II, director of the Waco branch of the Department of Veterans Affairs, will be the guest speaker.

Information on health care, education and home loans are just a few of the topics that will be presented during the seminar.

AFA meeting coming

The Gen. Charles L. Donnelly Jr. Chapter of the Air Force Association will hold its general membership meeting Feb. 26 in the officers club.

The meeting will begin with a social at 5:45 p.m. and a buffet dinner will begin at 6:30. The keynote speaker for the meeting is Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander.

Cost for the event is \$15. To RSVP for the meeting, call Monty Diehl at 6-2414, Cliff Altizer at 6-3490 or Rene Alaniz at 6-2845.

Iwo Jima veterans to be recognized

An Iwo Jima Survivors Recognition luncheon will be held Thursday in the officers club ballroom.

The Mexican buffet will begin at 11:30 a.m. and end at 1 p.m.

Guest speakers for the event are Medal of Honor recipient Herschel “Woody” Williams and Larry Gilbert.

SOSC to meet

The Sheppard Officers’ Spouse Club will meet Wednesday in the officers club at 6 p.m.

Cost for the filet mignon dinner is \$16.85 for members and \$18.85 for non-members. A salmon dinner is also available for \$15.65 for members and \$17.65 for non-members.

For more Air Force news, log on to www.af.mil.

AAHC honors medical pioneer

Courtesy African-American Heritage Committee

February is American Heart Month and it is not a coincidence that it is the same month people celebrate Valentine's Day.

In this issue, the African-American Heritage Committee would like to focus and educate Team Sheppard personnel on one African-American who made a great contribution to the medical field and to African-American history.

Dr. Daniel Hale Williams was born Jan. 18, 1856 in Hollidaysburg, Pa. He was just 11 years old when his father died and shortly afterward, his mother sent him to apprentice with a cobbler, then abandoned him.

He attended formal school-



Williams

ing in Hare's Classical Academy in 1877 and received his medical doctor degree from Chicago Medical College, Northwestern Medical School, in 1883.

In 1891 he founded the Provident Hospital and Medical

Center in Chicago, the oldest freestanding, black owned hospital in the United States. Dr. Williams performed the world's first open heart surgery in 1893 by removing a knife from the heart of a stabbing victim. Carefully making an incision in his patient's chest, Dr. Williams exposed the man's still-beating heart and his near fatal wound.

He sutured a wound to the pericardium – the fluid sac surrounding the myocardium – from which the patient recovered and lived for several years afterward.

After performing his historic open-heart surgery, Dr. Williams was appointed surgeon-in-chief of Freedmen's Hospital in Washington, D.C., by President Grover Cleveland. He reorganized the hospital with

his revolutionary idea of creating separate medical departments to treat specific ailments: surgical, gynecological, obstetrical, dermatological, urinary and throat and chest.

At Freedmen's, Dr. Williams also opened another training school for black nursing students. He was the only African-American in a group of 100 charter members of the American College of Surgeons in 1913.

He founded and became the first vice-president of the national Medical Association.

Congress recognized Dr. Williams in 1970 with a bill that issued a commemorative stamp in his honor.

His work and contributions revolutionized the medical field and continue to touch the hearts of many!

SAFB African American Heritage Committee

Black History Month Celebration Theme: 50th Anniversary Brown vs. Board of Education



February 2004 Events

Tuesday: Story Time, 10:30 a.m., base library
Feb. 21: Gospel Story, 6 p.m., community center
Feb. 24: Story Time, 10:30 a.m., base library
Feb. 27: Annual Banquet, 6 p.m., officers club

Speaker: Col. Darrell L. Sims

March 6: College Fair at Hirschi High School, 9 a.m. to 1 p.m.
Career Talks (TBD) Zundy and Kirby Junior High Schools

CRASH

Continued from Page 1

uncontrollable, the instructor commanded ejection. The aircraft was destroyed on impact.

The Accident Investigation Board was headed by Col. George J. Duda Jr., 12th Flying Training Wing vice commander, Randolph Air Force Base, Texas.

The pilots weren't injured as a result of the ejection, but they were sent to the flight surgeon's office for a mandatory physical.

Training flights for the Euro-NATO Joint Jet Pilot Training program were grounded temporarily. But, the airfield was not shut down completely.

American Eagle, the commercial airline that supports the Wichita Falls Municipal Airport, was allowed to con-

tinue flights in and out of the area.

The T-38 crash in October was the second incident involving a Sheppard aircraft in the last two years.

Two T-37s collided over Comanche, Okla., Dec. 21, 2002, during a training mission. The pilots in one aircraft ejected safely while the other aircraft successfully completed an emergency landing at Sheppard.

An investigation board found the cause of the crash in 2002 to be pilot error. No one was injured in the accident.

The last T-38 incident occurred Aug. 24, 2001, when two Talons collided near Crowell, Texas, in Foard County west of Wichita Falls. An Italian pilot was killed in the incident.

EPA

Continued from Page 1

Environmental Office, and the Air Force Specials Program Office was involved in our decision to switch to PreKote™," Mr. McBurnett said.

Following a base visit by a high-level EPA official, Mr. McBurnett said the government agency established a precedence that said PreKote™ is as a "suitable substitute for acid/alodine."

Kathy Aisling, a senior environmental engineer with the EPA's Region 6 office in Dallas, Texas, said Sheppard is only the fourth partner in the region since the program began about one year ago. There are about 25 companies nationwide in the program.

"Not only is Sheppard the first military base to join in our region, they're the first Air

Force base in the country to join in the country," she said.

Most of the companies in the program are oil or chemical producers, Ms. Aisling said.

Mr. McBurnett said he could anticipate other bases in Air Education and Training Command and the Air Force joining the program as a way to better protect the environment. He added that several AETC bases are looking to switch over to PreKote™ instead of the more hazardous and costly materials currently used now.

Ms. Aisling visited Sheppard Feb. 3 and presented Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander and Col. H. D. Polombo, 80th FTW commander, with the EPA Waste Minimization Partnership plaque.



Photo by 2nd Lt. Brooke Brander

The Environmental Protection Agency recently presented the Sheppard with a plaque that recognized their partnership in the Waste Minimization Program. Sheppard is the first military installation to become a partner.



Photo by Staff Sgt. Jeffrey Wolfe

Ka-boom!

AL FATHAH AIR FIELD, Iraq -- Explosions rock the ground here as Army engineers and Air Force explosive ordnance disposal workers detonate a weapons cache Feb. 5. An estimated 2 million net pounds of explo-

sives were left at the air field by the old regime, making it the largest single weapons cache uncovered by the coalition to date. Workers are destroying an average of 100,000 pounds of weapons per day.

International cousins reunite at Sheppard

By Carolyn Knothe

Base public communication

It's something that could only happen at Euro-NATO Joint Jet Pilot Training.

Something so unique and special that it emphasizes the wonderful coalition that exists right here at Sheppard and overseas in Operations Enduring Freedom and Iraqi Freedom.

Two cousins of different nations and air forces have been stationed together here for the past two months.

Capt. Chris Van Vliet of the Canadian air force serves as his country's Senior National Representative here and an instructor pilot. His cousin, Capt. Martin Meyer of the U.S. Air Force, graduated Feb. 6 from the introduction to fighter fundamentals course.

When Captain Meyer's arrived at ENJJPT for advanced training, it became the first time in Capt. Van Vliet's 15-year career to be stationed by family.

"Having somebody close by that you can consider family is great," he said.

During Captain Meyer's two-month stay at Sheppard, the two cousins often got together for dinner or just to talk.

"My parents are jealous that he gets to see me all the time," Captain Meyer commented jokingly.

As any pilot knows, it's hard to find other people who understand the jargon of the trade. The two have enjoyed that aspect of their relationship.

Their love of flying has cre-

ated a closer tie between the two.

"He's definitely a mentor for me," Captain Meyer said. "It's so motivating to have a family member as interested in aviation as I am."

The cousins share an easy relationship, often joking, poking fun at each other and generally enjoying each other's presence. Captain Meyer even had all his mail forwarded to Captain Van Vliet's house while stationed here.

A certain flare and cockiness is needed to be a fighter pilot to bolster confidence in their abilities.

But, Captain Meyer was quick to say who was the better pilot.

"He's got way more hours than me," he said of his Canadian cousin.

The cousins didn't see each other often while growing up. Captain Van Vliet lived in Edmonton, Alberta, and Captain Meyer lived in Oregon. They got together every few years for family gatherings, but didn't become close until they became pilots.

Both men have led similar careers. Each had a goal of being in the military, went into the helicopter field upon entering their respective air forces and both later switched to jets.

It was, in part, Captain Van Vliet's influence that spiked his American cousin's interest in jets.

Captain Van Vliet flew with the Snowbirds, the Canadian high-performance demonstra-

tion team similar to the Thunderbirds. During a trip to the states, he took the time to visit his cousin.

"I got him a ride, too," Captain Van Vliet said. "We got the proper clearances and I took him up."

Captain Meyer agreed his flame for fighters was sparked with that one ride.

"That was a fun weekend," he said. "And being in helicopters at the time, it was when I realized how awesome jets could be."

The cousins might not have had the opportunity to fly together had it not been for the unique mission of ENJJPT -- to train the world's best fighter pilots.

Because of that unique mission and NATO's desire to have its elite pilots trained here, two cousins from two different countries were able to join for one cause.

"Being here together is part of the wonder of international training," Captain Van Vliet said. "The chance to train and fly together as internationals is unique and we're very fortunate to be here."

Captain Meyer said participating in ENJJPT prepares pilots for real-world missions with other nations.

"The concept of working with nations, with totally different backgrounds, is amazing," he said. "I've flown with Germans, Dutch, Norwegians, and these are good foundations for the new coalition-type attacking we're doing now."

To place an ad in *The Sheppard Senator*, call 761-5151.

Movie schedule

Free showing

The movie theater will show "50 First Dates" free Saturday at 8 p.m. and Sunday at 2 p.m. Tickets are required, and are at the mini mall, food court, Robin Hood, Taco Bell and the base exchange. Seating is on a first come, first serve basis.

Peter Pan - Today at 6:30 p.m.

House of Sand and Fog - Saturday at 2 p.m.

Lord of the Rings: Return of the King - Saturday and Sunday at 4:30 p.m. and Thursday at 6:30 p.m.

Club activities

Latin Dance

The enlisted club will host a Latin dance Saturday, with the D.J. starting at 8 p.m. and the live Latin band beginning at 9 p.m. The cost will be \$5 for members and \$10 for non-members. Call 6-2083.

Membership seafood night

The officers club will have a free seafood buffet Tuesday beginning at 5:30 p.m. for enlisted and officers' club members only. The selections are Alaskan king crab legs, oysters, shrimp, blazing red fish, stuffed crab, smoked salmon and more. Call 6-6460 for more information.

Family night

The enlisted club will host a family night Thursday from 5:30 to 8 p.m. The cost will be \$5.95 for members and \$7.95 for non-members. The cost for children will be \$2.95 for ages 5 to 12 and free for ages 5 and under. For more information, call 6-2083.

Nighttime dining

The officers club will offer nighttime dining Feb. 20 from 5:30 to 9 p.m. For more information, call 6-6460.

ITT

Dallas Stars hockey tickets

Dallas Stars hockey tickets

are now available through ITT. For more information, call 6-2302.

Six Flags season passes, hotels

ITT is currently selling Six Flags season passes for \$49. They also offer discounted rates at the Sheraton Market Center Dallas for \$54 per night, the Westin City Center Dallas for \$89 per night, the Adams Mark Hotel Dallas for \$89.00 per night, the Holiday Inn Select North Dallas for \$55 per night, the Red Roof Inn DFW Airport for \$39 per night, the Fairfield Inn Las Colinas for \$44 per night and the Fairfield Inn's Jacuzzi Suite for \$54 per night. For more information, call 6-2302.

Student stuff

FFITS

Every Saturday, the north fitness center offers activities for students.

Saturday - Free War Ball starting at 10 a.m. Collect two chips for participating and one chip for attending to add to your chip collection. For more information, call 6-4808.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m., Friday, 7:30 a.m. to 11:30 p.m., Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Holy Communion Worship, 10:30 a.m., Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon Solid Rock Saturday Meal, 6:15 p.m. Saturday.

Catholic Services

Tuesday, Mass 5:15 p.m., y, Mass 11 a.m.

Sheppard Spotlight 15 lines of fame

1. Name: Ebony Nicole Beedles

2. Rank: airman first class

3. Organization and position: 82nd Logistics Readiness Squadron

4. Hometown: Stone Mountain, Ga.

5. Married or single (include your family if you'd like): Engaged.

6. Hobbies/Favorite thing(s) to do in your free time: Ceramics, dancing, football and basketball, and shopping.

7. Funniest childhood memory: Going to the mall and spending time with my sister and my mother.

8. Why did you join the Air Force? Because of the educational benefits and opportunities that it had to offer. Also, because I felt it would help me mature and become a better person.

9. Why do you stay in the Air Force? Because I am currently enrolled in Vernon College. Also, because I plan to separate from the AF with a degree in applied science.

10. Date arrived at Sheppard: March 12, 2002.

11. Most rewarding aspect of your job: Knowing that I provided the best customer service



Airman 1st Class Ebony Beedles

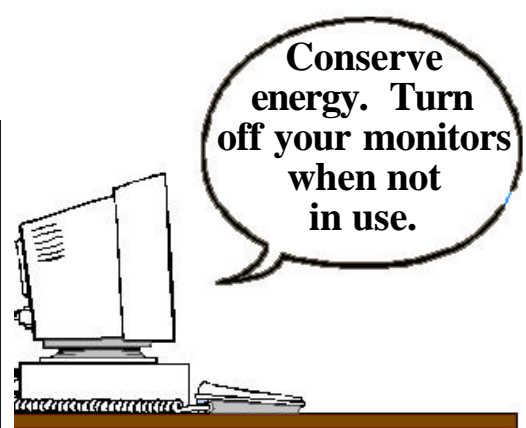
to all students that were going to their next duty stations, and knowing that I was able to answer all their questions.

12. Favorite book or movie: Favorite book is "To Kill A Mocking Bird" and Favorite movie is "The Color Purple."

13. What is your dream vacation? Taking a trip with my fiancé to his motherland, the Philippines.

14. If you could be anyone for one day, who would you be? My father, because he has worked so hard to get to where he is. He loves his family and would suffer before we would.

15. Most prized possession: My perfume bottles that my great-aunt gave to me before she died.



— Chapel Schedule —

Worship Services Catholic services

Saturday

Confession: 4 to 4:30 p.m. (north chapel)

Mass: 5 p.m. (north chapel)

Sunday

Mass: 9 a.m. and noon (north chapel)

Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962)

RCIA: 1:30 to 3 p.m. (Bldg. 962)

Daily Mass

Monday and Wednesday: 11:30 a.m. (south chapel)

Protestant services

Sunday

10:30 a.m. Community Worship (north chapel)

10:30 a.m. Inspirational Gospel Worship (south chapel)

10:30 a.m. Holy Communion Worship (Solid Rock Café)

Protestant Parish Ministries

Protestant Men of the



Chapel: Saturday, 6:30 a.m. (south chapel)

PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant Religious education

Sunday school: pre-kindergarten through adult, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study, lunch provided (south chapel)

Protestant Women of the Chapel Thursday Bible study, 6 p.m.

Protestant Men of the Chapel Tuesday Bible study, 6 a.m.

For more information, call 6-4370.

Want to quit smoking? Contact the health and wellness center at 6-4292 about smoking cessation classes.

Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

Sheppard Senator editorial team

Maj. Manning Brown, Public communication director

2nd Lt. Ellen Harr, Public communication officer

Master Sgt. Jeff Szczechowski, Noncommissioned officer in charge

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Senior Airman Chris Powell, Sports editor

Airman 1st Class Jacque Lickteig, Staff writer

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Commander's corner

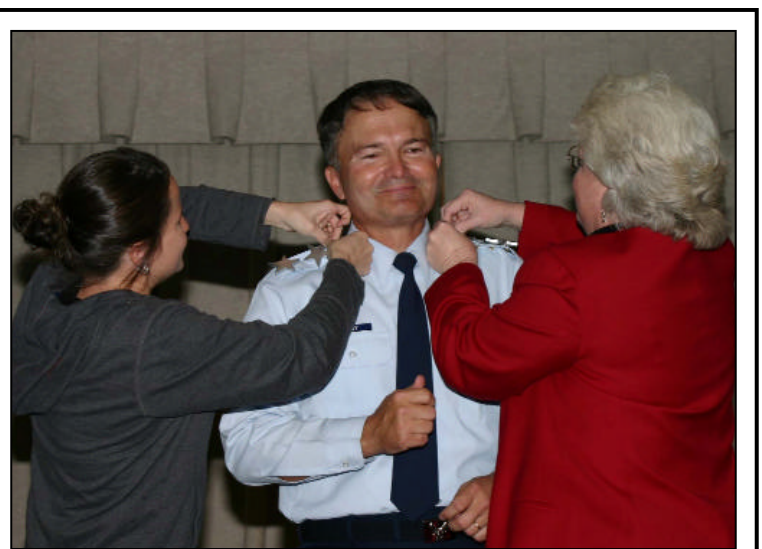


Photo by Airman 1st Class Jacque Lickteig

Seeing stars

Helen Rooney and Elizabeth Shimp, Brig. Gen. Arthur Rooney Jr.'s wife and daughter, pin on his second star to celebrate the 82nd

Training Wing commander's nomination for major general Monday. His selection is pending the Senate's approval.

Action lines

Parking in Wherry housing

Question: I was wondering if you could look into a parking issue. There are inoperable vehicles, vehicles with expired registrations and housing maintenance vehicles left in parking places all weekend, and they are not doing anything with them. I would like to know what can be done about these vehicles. The problem is getting very serious. You can't even park near your house anymore if you don't get home before 5 p.m.

Answer: We appreciate your concern and we have looked into the matter. Our Security Forces were able to locate several individuals who were in violation of our base parking policies. They were informed regarding the base parking policies and given citations. We will continue to pay special attention to this area. If you continue to see violations, please report them to the security forces at 6-2981 right away.

Recycling

Question: My spouse is active duty in the Air Force, and we live off base. I believe in recycling so I purchased some plastic baskets to sort my recyclables in. When they fill up, I drive them on base to the 24-hour recycling drop-off center and sort them into the respective dumpsters. I called the recycling center to get some clarification on what kinds of plastic can be recycled; specifically which numbers. The dumpster currently says "Plastic." The person I spoke with said, "all they really want is soda and milk bottles in there." He went on to say that people are dumping all different plastics in there and nonplastic items such as egg cartons. He said the dumpster then becomes contaminated. He said that the dumpster for cardboard gets boxes containing nonrecyclable material in them. The dumpster for glass gets glass bottles with metal caps on them. He said the contractor can't sort through each dumpster before hauling it off, so what they are doing most of the time is dumping all of the dumpsters (with the exception of newspaper) as trash. Therefore, most of the material that could be recycled is not being recycled.

I was disappointed to hear this for several reasons. First, I don't know where else I can take my recyclables. I don't want to drive into Wichita Falls just to dump them. Secondly, many people who are making the effort to recycle are unknowingly just throwing it in the trash. Third, it doesn't seem like the government should be paying a contractor (if that is the case) to recycle on base if it is really being dumped as trash.

I asked him what actions they have taken to correct the problem. I suggested posting signs that state specifically what can go in each dumpster. He said it wouldn't matter because people don't read the signs. He said that he had put in a suggestion of having someone physically present at the site to supervise people or to sort through the

dumpsters before the contractor comes, but that he didn't know what would be done about it.

Answer: It is refreshing to respond to someone who views recycling as you do. You raise many good questions. I can answer some of them, but unfortunately, others do not have a good answer.

While it is true that soda and milk bottles are more profitable, the contractor will accept ALL recyclable plastics. That means that any item with a "recycle number" printed on it may be recycled. Egg cartons do not bear a recycle number.

The recycling quality assurance individual you referred to is correct in his concern for "contamination" of recyclables. Apart from people not recycling at all, this is the biggest barrier for recycling. It is not just at Sheppard, but in bases, communities and colleges across the nation. The contractor will accept a certain percent of "accidental" contamination in each dumpster, but when the contamination becomes too much, he is forced to land-fill a would-be load of recyclables.

What can we do? Education is a player. A pamphlet was distributed last November to each housing resident that clearly outlines the procedures for recycling at Sheppard. This document is also available on a shared folder that all base personnel have access to: <\\Cesfs1\\Enviro\\RECYCLING & SOLID WASTE\\SHARED RECYCLING\\Recyclable Materials & Procedures.> Additionally, each facility on base has a recycling monitor who is responsible for recycling issues in that facility. Your sponsor can get a deluge of information from his recycling monitor.

As you suggested, signage also has some benefit. We have already begun coordinating efforts to install eye-catching signs at the 24-Hour Drop-off Point. These will be in place by mid-February. And as a stopgap measure, we installed temporary signs that specifically list the recyclable and non-recyclable items.

We have requested the contractor to give us a slotted dumpster for cardboard at the 24-Hour Drop-off Point. This will help alleviate contamination in the cardboard dumpster.

Be assured that the 82nd Civil Engineer Squadron is always trying to make the recycling program at Sheppard better. The Environmental Flight and 194 facility recycling monitors are all interested, as you are, in a good program. If you have any further questions or suggestions, please let us know.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.

Force shaping
CSAF explains why AF is cutting its numbers



By Gen. John Jumper
Chief of Staff of the Air Force

Over the last decade, we've seen a dramatic change in our security environment. We reduced our active duty force by nearly 40 percent - from 608,000 to 375,000 - while remaining engaged around the world at levels higher than at any time during the Cold War.

To accommodate the changing world, we have completely transformed our Air Force, from one that dealt with the Soviet and North Korean threats into an agile Air Expeditionary Force, capable of rapidly responding anywhere, with tailored forces ready to deal with any contingency.

Our transformation has yielded outstanding results. But, for the past two years, we have exceeded our mandated active duty end strength of 359,000.

Under the President's declaration of a national emergency, our excess numbers are appropriate. While this is a temporary situation fueled by the Global War on Terrorism (GWOT), we now need a plan to return to the authorized levels.

By the end of 2005, we should reduce the size of our active force by 16,000 people, and we must reshape the force to correct existing skill imbalances and account for a new range of missions in the GWOT.

I know it may not be clear why our active duty end strength needs to decrease while we are still heavily engaged around the world. Let me explain how we got to this point and what we are doing to fix it.

As a result of several years of high operations tempo, we were given some latitude on how quickly we came down to the legal end strength limit of 359,000. We also suffered an unprecedented recruiting problem during the 1990s.

Recruiting has traditionally not been a problem for the Air Force, but a robust economy late in the 1990s had us falling short of recruiting goals for the first time since 1979. As a result, we took in thousands of people using skill mix assumptions that are no longer applicable to the demands of the GWOT.

We now have several career fields over-manned, while suffering shortages in others. Our task now is to reduce the force while also fixing this skill mix imbalance.

One area that has affected our end strength is Stop Loss - a program we used in 2002 and 2003 to stop people from separating. When Stop Loss was lifted, many of those airmen who intended to separate elected to stay.

Other policies associated with the GWOT also influenced our end strength.

We swelled the force by

implementing programs that brought prior-service members and ARC volunteers on active duty to fill known critical skill shortages. Perhaps the most significant factor affecting our strength was, and still is, retention.

Our goal for first term-enlisted retention is 55 percent, but, at the end of FY03, it was 61 percent. Across the board our retention is up, and for good reason!

In addition to an increased sense of patriotism, the tax and pay changes - some implemented for GWOT - really work. Imminent Danger Pay, Hardship Duty Pay, Combat Zone Tax Exclusion, Family Separation Allowance and a host of others, plus bonuses we pay to ensure we can retain critical skills, all add up to a very attractive com-

where our people are - we have airmen serving in jobs outside the Air Force who don't deploy as part of our AEF.

Some of these, such as joint positions and some defense agency positions, require uniformed people, and we benefit by having an airman's perspective in those jobs. Others, however, may not require a uniformed person, or a military person at all.

These are positions that we are working to legitimately reclaim into our ranks.

Until very recently, we had not made all the manpower cuts we agreed to during the 1990s. We've now made the adjustments in our books - over 13,000 positions eliminated - but we still need to move some of the people.

That means we have airmen with advanced training and professional skills filling positions that no longer exist. It's hard for me to argue to Congress that we don't have enough people when we should be using some of our airmen in other required positions.

All of these efforts will be combined with several additional force shaping tools to get to our authorized manpower levels and to get the right skills in the right places.

We will include initiatives such as restricting reenlistment in overage career fields, voluntary transfers to the ARC, shortening service commitments, limiting officer continuation for those deferred for promotion, commissioning ROTC cadets direct to the ARC, limiting reclassification of those eliminated from technical school, rolling back separation dates, and officer and enlisted retraining.

We are out of balance for the contingency world in which we live. I recently returned from the AOR where I met people who had been deployed for more than 200 days. They take great pride in the job they are doing, but we are being unfair to them and their families.

If at all possible, our goal is to give every qualified airman who wants to stay in the Air Force the opportunity to do so. In addition, we will use every tool to shape the force we have available to avoid the extreme measures that were used in the early 1990s.

Saddam Hussein buried his airplanes in the sand rather than face your Air Force. That's respect and you continue to earn it every day.

Secretary Roche and I are proud of you, and are honored to serve with you. We will continue to remain closely engaged on these issues to ensure that we reshape the force into one that is suited for the 21st century while sustaining the standards of excellence and morale that are emblematic of the world's greatest Air Force.



Photo by Airman 1st Class Nichole Adamowicz

Airman 1st Class Abram Groves cleans the intake of an F-15 Eagle in Southwest Asia. The Air Force is working to return to its authorized end strength after exceeding it because of the Global War on Terrorism.

pensation package that turned the tide toward staying in uniform.

We are proud of our retention rates and that our people are electing to continue to serve.

To start our reshaping effort, we have set new targets for recruiting, from 37,000 this year to 35,600 in FY05 and 34,500 in FY06. We are also working on fixing our stressed career fields.

Where we are short of people for the rotational requirement, we've taken action to direct more of our recruits into the stressed career fields. However, we know we can't replace 5 and 7-levels with people right out of technical school.

Part of our force shaping will have to be done by retraining and shifting experienced people from over-staffed career fields. Many of our airmen are willing to make the shift, and we will encourage retesting and support for waivers to qualify for retraining into critical skills.

But in some career fields, our ability to absorb more people is often limited by training facilities and capacity. We will work to unclog any training backlogs.

I am dedicated to reducing our stressed career fields and putting in place the right incentives to retain the people we task the most.

In addition to looking at retention, recruiting and retraining, we are also looking at



Photo by Staff Sgt. Jeffrey Wolfe

KIRKUK, Iraq - 1st Lt. Michael James, a security forces officer, mans a defensive position in the back of a Humvee as it speeds down an

Iraqi street. Security forces is one of the career fields that won't release airmen to shape the force.

Be smart. Stay safe. Don't drink and drive.

Wrestler's eyes fixed on Athens

By **Airman 1st Class Mike Meares**
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. (AFPN) – Sitting in a quiet corner of the wrestling room at the Olympic Training Center, Jacob Hey stares into the bright yellow color of the floor mats mentally preparing himself to conquer his next obstacle.

A year after successful reconstructive shoulder surgery, the Greco-Roman wrestler is back to 100 percent and has his eyes fixed on Athens, Greece, and the 2004 Summer Olympics.

Hey, a staff sergeant, is a member of the All-Air Force Wrestling Team through the World Class Athlete Program and is training for his second

chance at the Summer Olympics -- this time in the birthplace of Greco-Roman wrestling, his specialty.

"Jacob is the dark horse on the mat this year," said Rich Estrella, All-Air Force Wrestling Team coach. "He is always a split-second away from a championship and is feared because he can be so dangerously explosive."

Hey has wrestled for the All-Air Force Wrestling Team for five years and has moved up through the national ranks in the 60-kilogram weight class. Moving through the ranks has earned him respect from other wrestlers, including former Olympians.

"I have to be solid anytime I wrestle Jacob because he is strong in ways most people are not," said Jim Gruenwald, 2000 Olympian, currently

ranked No.1 nationally. "I can't score on him the way I score points on most people. I'm afraid he'll score on me if I'm not careful."

Hey works out twice a day trying to take his wrestling to the next level.

"I'm ready to go," said a confident Hey. "I'm taking each day, each workout and each match as they come. There are no slouches at this level. I try to do as much as I can to get the edge in a match."

Hey travels all over the world with his team, competing against wrestlers from Russia, Iran, Uzbekistan, Turkey, Mexico, Poland, Sweden and France - countries with impressive records in wrestling.

Hey's latest trip took him to Sofia, Bulgaria, for a one-week tournament that started Feb 9.



Courtesy photo
Jacob Hey tries to score a point on Joe Warren during a wrestling practice session at the Olympic Training Center here recently. Hey is a Greco-Roman wrestler and member of the All-Air Force Wrestling Team. He is vying for a spot on the 2004 U.S. Olympic team. Warren represents the New York Athletic Club.

Sports Briefing

Men's varsity softball tryouts
The Sheppard men's varsity softball program will start Feb. 23.

The Sheppard Senators will begin tryouts on field 1, at 5 p.m. Monday through Thursday. Call Master Sgt. James Chritman at 6-4277.

The Sheppard Softball club will begin tryouts at 5 p.m. Monday through Thursday on field 2. Call Ron Bama Brown at 6- 4695.

Players should call one of the points of contact if they can't attend practice.

Little league board members

Anyone interested in serving on the Madrigal Youth Center Little League board of directors or in volunteering to coach a youth baseball or softball team should call Benny Benavides or Marty Sparkman at 676-2342.

For more information, look at the news briefs on Page 2B.

Lose weight with TOPS

People who are interested in losing weight, can join TOPS, or Take Off Pounds Sensibly, at 6 p.m. Thursdays at the health and wellness center.

People can call Vernie Nordstrom at 855-4308 for more information.

Lil' Sluggers registration

Registration has begun for Lil' Sluggers at the Madrigal Youth Center for 3- and 4 -year olds.

Lil' Sluggers is a program that teaches kids the fundamentals of baseball while their parents help teach them.

The class will start in April, and the cost is \$25 per child.

First Shooter's Soccer registration

Registration has begun for First Shooter's Soccer at the Madrigal Youth Center for 3- and 4 -year olds.

First Shooter's Soccer is a program that teaches kids the fundamentals of soccer while their parents help teach them.

The class will start in March, and the cost is \$25 per child.

New base running route

All Sheppard Training Groups will switch to a temporary physical readiness training route on Feb. 2. This change will be in effect until the completion of a new running track scheduled for May 15.

Roads will be blocked from 9:20 to 10 a.m. and 5:15 to 6 p.m. every Monday, Wednesday and Thursday.

Team Sheppard members need to be aware of the road closing times and find alternate routes to their destination. Also, security forces officials will stress the PRT route is off limits to all motor vehicles except emergency vehicles displaying lights or sirens.

This temporary route begins on 5th Avenue and Avenue G between Bldgs. 526 and the new

Patriot, Senators split games

By **Airman 1st Class Ed Bodigheimer**
Patriot Editor

Two basketball teams from the Southwest Military Basketball League met for the fifth and sixth time this season and each won a game.

Altus Air Force Base's traveling basketball team, the Patriots, hosted the Sheppard Air Force Base's Texas team, the Senators, Saturday and Sunday.

The Senators prevailed Saturday, 86-70 and the Patriots won Sunday, 70 to 66.

"We played like we were tired Saturday," said Patriots coach Calvin Cathey. "We've all been working long hours for the ORI [Operational Readiness Inspection], and it showed in our performance."

Mr. Cathey said his team hasn't had a full court practice session in more than two months. "At least one of our basketball courts has been down for renovations since October. It's been hard to reserve one for practice. Excuses aside, Mr. Cathey said that you can't expect to win verse the Senators without a team that's 100 percent. "(Sheppard AFB players) aren't slouches," he said.

The Patriots, after taking their coaches advice to "rest up," entered Sunday's game with a little more gas in the tank.

Sheppard AFB controlled the tip-off, but missed their first attempt at scoring. Patriots player Willie Williams, Jr., scored the first points of the game.

After the teams exchanged fouls, Williams found a quick two points, 8-4, Patriots. From the foul line Sunday, both teams scored 13 points.

A couple of miscued passes opened the door for the Senators to gain points. Senators Sedric Whitaker tied the game by draining the first successful 3-point shot, 12-12.

The Patriots extended their lead when Owens passed to Julius Moreland who made a nice layup and teammate Tyrone Freelon followed with a long 2-point shot, 16-12.

Moreland hit a 3-pointer wide open, then Sheppard player Pete Tabor responded with two points, 19-16, Patriots.

Basketball

For more information, call 6-2972.

Martin Luther King Jr. basketball tournament

There will be a Martin Luther King Jr. basketball tournament Sunday and Monday at the north and south fitness centers.

Over-30 League

Team	Won	Lost	GB
383 TRS	5	2	--
82 SFS	6	3	--
366 TRS	5	3	0.5
82 MDOS	4	4	1.5
360 TRS	4	4	1.5
365 TRS	2	4	2.5
82 MSS/SVS	1	5	3.5

Permanent Party Division 1

Team	Won	Lost	GB
365 TRS	7	0	--
82 MDOS/MDSS	6	3	2.0
382 TRS	6	3	2.0
366 TRS	2	4	4.5
80 OSS	2	5	5.0
361 TRS	1	5	5.5
362 TRS	1	5	5.5

Permanent Party Division 1

Team	Won	Lost	GB
82 CES	8	0	--
187th MBN	6	3	2.0

Fit to fight

The benefits of warming up

By Airman David Johnson
Physical trainer

A couple of days ago while in the gym I overheard some guys talking about how they want to have their body's represent the body's of the men they see in magazines. So what is their initial reaction? Going into the weight room and pumping the heaviest weight possible to get built. That's fine, but first you must warm-up properly!

A warm-up should always be at the beginning and after an exercise or activity session to improve performance and prevent injury. The theory behind warm-ups is that muscular contractions are dependant on temperature. Because increased muscle temperature improves work capacity and a warm-up increases muscle temperature, it is assumed that warming up is necessary. One should never go to a facility and start off "cold" without a proper warm-up

Warming-up also increases the amount of lubricating fluid to the body, improves oxygen intake, and reduces the amount of oxygen needed for exercise, not to mention improving perform-

Team	Won	Lost	GB
82 MSS/SVS	6	3	2.0
82 SFS	3	5	3.0
82 CPTS	3	6	4.5
82 CS	0	9	6.5

Student League

Team	Won	Lost	GB
365 TRS	5	2	--
366 TRS	5	2	--
882 TRS-A	5	2	--
364 TRS	4	3	1.0
360 TRS	4	3	1.0
361 TRS	3	4	2.0
362 TRS	2	5	3.0
363 TRS	2	5	3.0
882 TRS-B	2	6	3.5

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling League

Team	Won	Lost
82 COMM A	87	33
365 TRS C	84	36
882 TRG	75	45
363 TRS Ammo	72	48
366 TRS A	69	51
365 TRS B	68	52
365 TRS D	68	52
360 TRS	68	52
Bowling Pro Shop	68	52
362 TRS B	68	52
82 CES	65	55
364 TRS A	63	57
80 FTW A	62	58
382 TRS A	62	58
187 Med Bn	60	60
362 TRS A	58	62
383 TRS	58	62
363 TRS Armament	56	64
82 MSS/SVS	55	65
381 Med Red	55	57
82 Services Squadron	54	66
382 BMET	52	68
82 CPTS	51	61
361 TRS	48	72
364 TRS B	45	75
80th OSS	35	85
82 CS B	34	86
SFS	32	88

Fitness center

For more information, call 6-2972.

Spin classes

Spin classes are at 4:30 p.m. week days at the south fitness center.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Monday through Friday at 8 p.m.

Aerobics

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.

Wednesday at 5 p.m.

Thursday at 6 p.m.

Saturday at 3 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.

Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.

Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.
Wednesday at 6 p.m.

Advance step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

Youth center

For more information, call 6-2342.

Little league board members

Anyone interested in serving on the Madrigal Youth Center Little League board of directors or in volunteering to coach a youth baseball or softball team should call Benny Benavides or Marty Sparkman at 676-2342. There will be 28 teams available starting with children ages five to sixteen.

Operation Night Hoops

Operation Night Hoops registration is from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18. Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians. Each participant must attend an educational class to play.

Night Hoops volunteers

There are several volunteer positions that need to be filled for Operation Night Hoops.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

"Sheppard Today January 2004"

The January edition of "Sheppard Today" shows how the airmen and NCOs at the base chapel assist the chaplains in maintaining Team Sheppard's spiritual health. The program also features an interview with the Chief of Air Force Services, Mr. Arthur Myers, and reflections on the Centennial of Flight by personnel from the 80th Flying Training Wing.

"The Detroit arsenal tank plant"

This program features the history of the Detroit arsenal tank plant and was produced by the Army Tank-Automotive and Armaments Command. This documentary illustrates the tank plant's contribution to American and world history. The plant was built during World War II and produced nearly as many tanks of all of Nazi Germany. It was also the nation's main tank production facility during the Cold War.

"Flying for freedom - the Women Air Force Service Pilots"

Drawing upon the career of Ms. Margaret Ann Hamilton Tunner, a member of the WASPs and the widow of Lt. Gen. William H. Tunner, the contributions of the WASPs during WWII were detailed and complex. Other interviews include former WASPs Ms. Ethel Finley and Ms. Scotty Gough, as well as WWII veterans Mr. Bill Voigt and Mr. George Schofield.

FALCONS

Continued from Page 1

and put the Falcons up 30-15. "When the first one went in, I kept getting open shots and kept putting them up." It didn't get much better for Colorado State in the second. Joel Gerlach opened with a 3-pointer in the

corner, then Keller hit a cutting Welch for a layup at the shot clock buzzer to put Air Force up 35-17.

The frustration boiled over less than a minute later, when Layer was called for a technical foul for stomping and knocking over a dry erase board after Kuhle wasn't called for a clearout.

SENATORS

Continued from Page 1

Lavar Gilliam dropped a basket, drew a foul but missed one of one from the line. Tabor missed a layup, but Gilliam made the rebound and scored, 32-31.

Just before the halftime buzzer, Senators Sams made an easy 2-pointer from under the basket and brought their score within one point, 34-33, Patriots.

Patriots Sean Parker converted a layup after Sheppard lost control of the ball. They bounced back with a 2-point shot from Gilliam then Whitaker faked later shot and drained a 2-pointer to tie the game at 48 all.

The Patriots increased their lead to seven points through rebounds and foul shots, then the Senators narrowed it to four when Whitaker moved behind one of his teammates for coverage and made a 3-pointer, 64-62.

Sheppard players attempted a couple of deep 3-pointers and quick 2-pointers during the last minute of the game, but didn't have enough time to catch up.

Be smart. Don't drink and drive.